

A hand is shown holding a small, brown, textured seed just above a mound of dark, rich soil. A small green seedling with two leaves is growing out of the soil on the right side of the frame. The background is a solid light green color.

2022 POC HALTON-PEEL PD DAY

NOURISH TO FLOURISH: GROWTH FOR YOU & YOUR BUSINESS

Join us for Learning, Fun & Networking!

MAY 12 | THURSDAY

9 AM TO 4 PM

**ROYAL BOTANICAL GARDENS,
CAFE ANNEX**

*"For ourselves and our businesses to flourish, we must
nourish our passions. Through learning, togetherness,
and self-care, we can foster the growth from within."*

— Anonymous

EVENT DETAILS

POC HALTON-PEEL PD DAY 2022 NOURISH TO FLOURISH: GROWTH FOR YOU AND YOUR BUSINESS

LOCATION

Royal Botanical Gardens (RBG)
in the Cafe Annex Room

680 PLAINS ROAD WEST, BURLINGTON, ON, L7T 4H4

Thursday May 12, 9am - 4pm

COST

\$25 - POC Halton-Peel Members
\$50 - Other POC Members
\$75- All Non-POC Members

REGISTRATION INFO

All attendees must register via Eventbrite by THURSDAY MAY 5

To easily find the event on the Eventbrite site, search "Nourish to Flourish" on eventbrite.ca.

ADDITIONAL INFO

Book Exchange: We encourage everyone to bring in business, organizing, or decor books that they no longer need. Whether or not you bring a book, we will make these available to everyone who needs them.

Appraisals: Dan Glazier will be joining us for the full day, and has graciously offered to look at items for appraisal. Please bring in a small item or two if you wish to take him up on this offer!

Food: The RBG will be providing us with breakfast, lunch, as well as snacks & coffee throughout the day.

Venue: The RBG has over 27km of trails, 300 acres of Gardens, as well as indoor exhibits and gardens. Your ticket price will include admission to the RBG facilities, and we encourage you to take advantage and explore this gorgeous venue!

MEET OUR SPEAKERS



Priscilla Ankamah, RB, BSN, MPH is a registered nurse with over 10 years experience working from the hospital, community & long-term care setting. Priscilla has a Bachelor of Science degree in Nursing & a Master of Public Health Degree from the University of Waterloo. With her founding partner, Jumoke Alafe, Priscilla created P&J Health Consulting Inc. which promotes health teachings and develops health education curriculums that support various communities.



I'm **Anita Kaiser, Business Success & Wellness Coach**. I have a soft spot for supporting people called to healing, who want to take on more clients but WORRY that they'll end up overloaded, overwhelmed, burnt out, and then ultimately fail. It's about creating a resilient business that your ENERGY can SUSTAIN and GROW with – so that you can show up wholeheartedly to create the business success you dream of – without running yourself into the ground.



Dan Glazier has been a certified property appraiser for over 20 years. From 1998-2016 he was co-owner of Frontier Sales Furniture where he bought and sold approximately \$4,500,00 worth of used household goods. He was on Property Brothers twice, as well as Buy, Fix it, Sell it. In 2019 he was also a guest appraiser for the Antiques Roadshow - a role which he would have continued if not for Covid! Dan was also a virtual speaker at the POC Member Marketplace in March of 2021.



Jenn Hudder is a long-time entrepreneur and after 13 years of building her own business, she wanted to help other women do the same. Through Honeyflow Coaching, she works with business owners to support them in getting crystal clear on what a successful entrepreneurial story sounds like for them. Jenn works closely with her clients - helping them learn new skills, and explore new possibilities in their business all while staying focused, brave and expansive throughout the journey.

POC HALTON-PEEL PD DAY AGENDA

WELCOME

9:00am - 9:15am Registration & Coffee

9:15am - 9:30am POC Halton-Peel welcome

MORNING SESSIONS:

9:30am - 10:30am **Session 1: *The Pain-Anxiety-Depression Connection***

Speaker: Priscilla Ankamah, P&J Health Consulting

In this session Priscilla will help us better understand Pain, Anxiety, and Depression by speaking to the signs and symptoms, management and treatment, as well as community resources. The highlight of this session will be the critical link between Anxiety, Depression and Pain and their impact on health outcomes. Priscilla will focus on equipping you with practical and applicable tools and skills that can be adapted to support you, and the vulnerable populations you serve, after a need is recognized.

10:30am - 10:45am **Break**

10:45am - 11:45am **Session 2: *Using EFT Tapping to Create More Business Success***

Speaker: Anita Kaiser, Anita Kaiser Wellness

When we feel safe and regulated, we can be more confident and calm and less reactive to all the things that we experience. We have an understanding of who we are and feel confident in presenting our offerings. Unfortunately, trauma patterns and our own belief systems can be keeping us stuck. Anita will be speaking to these issues, giving strategies for staying in a regulated state, and discussing EFT Tapping.

11:45am - 1:30pm **Lunch / Networking / Exploring the RBG**

AFTERNOON SESSIONS

1:30pm - 2:30pm **Session 3: *Personal Property Appraisals - Processes and Trends***

Speaker: Dan Glazier, Glazier Appraisals

Join Dan as he takes us on a journey through the world of personal property and appraisals. Dan will be discussing not only property, and the reason why appraisals are important, but he will also tell us about the appraisal process, values, trends and how he has worked with Professional Organizers in the past. This fun and interactive session will include videos, examples, and audience participation. Don't forget to bring something from home for Dan to appraise!

2:30pm - 2:45pm **Break**

2:45pm - 3:45pm **Session 4: *Confidently Shift From "Surviving" to "Thriving" In Your Business***

Speaker: Jenn Hudder, Honeyflow Coaching

Join Jenn for an insightful and interactive discussion on shifting your business from surviving to thriving! Together we'll be exploring:

- Areas where we subtly sabotage our own efforts, and why we do it.
- What keeps us from breaking through the next level in our business.
- How to identify when your mind is saying, "Yes" but your heart is saying, "No."
- A simple process that participants can implement immediately in their business to stay in alignment with their vision.

3:45pm - 4:00pm **Wrap Up**